

# Eat Your Greens The Surprising Power Of Homegrown Leaf Crops.pdf

## [Eat Your Greens: The Surprising Power of Homegrown Leaf ...](#)

Sat, 11 May 2019 10:40:00 GMT

*Eat Your Greens: The Surprising Power of Homegrown Leaf Crops [David Kennedy] on Amazon.com. \*FREE\* shipping on qualifying offers. Our industrialized food system is failing us, and as individuals we must take more responsibility for our own health and food security. Leaf crops produce more nutrients per square foot of growing space and per day of growing season than any other crops and are ...*

## [Collection Book Eat Your Greens: The Surprising Power of ...](#)

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Wed, 05 Jun 2019 22:57:00 GMT

*Eat Your Greens provides complete instructions for incorporating these nutritional powerhouses into any kitchen garden. This innovative guide: Shows how familiar garden plants such as sweet potato, okra, beans, peas, and pumpkin can be grown to provide both nourishing leaves and other calorie- and protein-rich foods*

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